Volume 22, No. 01 • November 14, 2014

Nation

Healthy Choices
Special

Climbing the mountaintop
David Bergeron and the Shotokan Karate Club

Dr. Darlene Kitty
Cree doctor wins prestigious Dreamcatcher Foundation Award

Goose Wings
The lost music of James Bay and beyond

$2.50 Free in Iyiyuuschii
Serving Iyiyuuschii since 1993
Canada Post Publication No. 40015005

We offer discounted rates and seat sales.

For information, reservations, or charters
call: 1-800-567-6567 or visit: www.aircreebec.ca

Your Northern Airline of Choice

airCreebec

The colour of theft

by Will Nicholls

Mark Twain wrote that Indians are dirty, lying, thieving beggars. Long before this, French explorer Jacques Cartier also opined on thievery among Indians. It doesn't help that in 1534, he treacherously seized 10 Iroquois, including chiefs, and sailed for France. None would ever return home.

This characterization of North American Aboriginals as lying thieves and beggars is a part of history that has repercussions to this day. Many Natives can attest to it being part of the mentality of many Canadians today without consideration for the other side of the coin. Attempting to redress wrongs and injustices perpetrated by all levels of society often is an uphill battle as can be seen by many court cases.

It even seeps into the lower parts of society, as "Indians" feel that reporting thefts to the police is a waste of time seeing the low priority their complaints are given. Perhaps this is changing these days but the past has many examples of inaction. Crees are certainly no exception to this and it's about to get worse.

To be fair, the problem now is due to a new lack of resources. As seen in the last issue of *the Nation*, the newly formed forestry, wildlife and parks department (Le ministère des Forêts, de la Faune et des Parcs, or MFFP) will be eliminating 16 game wardens from their staff. The Lebel-sur-Quévillon office will have two agents to cover Waswanipi, Waskaganish and Matagami. In Radisson, Kuujjuarapik, Chisasibi and Kuujjuaq there will be one person in each office. Chibougamau will be given four game wardens, who will cover Oujé-Bougoumou, Nemaska, Eastmain and Mistissini.

Not only will this allow an increase in poaching but it will exasperate the problems of traditional people who still hunt, fish and trap on the land. Forestry companies build roads making more and more of the traditional traplines accessible to non-Natives. In Waswanipi alone, there are about 600 camps registered to non-Natives and well over 100 illegal camps. In Waswanipi, there have been many complaints about Cree camps being vandalized and expensive equipment stolen.

Many non-Natives are unaware that trappers do not have a large yearly income and cannot easily replace hunting and trapping equipment. With the loss of an effective team, game wardens will not be able to monitor activities in Eeyou Istchee and we can expect even more inroads that will harm our ability to practice a Cree way-of-life.

While our leadership is working on this there are some things you can do. One is to clearly mark expensive belongings. Also add a harder-to-find mark. Your local police force may be able to help you with this. A low-cost engraving tool is an easy solution.

Another is to inventory your belongings. Include photos of distinguishing features (like scratches or dents). Some of you may consider taking out insurance on more expensive items in order to replace them should you be victimized.

Earlier impressions that "Indians" were thieves were the result of encroachments on their land by settlers and the conflicts or misunderstandings of each other's cultures. Cree land is being encroached upon and we can all see the concept of thieves doesn't apply to any one culture or peoples.

Contents

editorial
- The colour of theft 3

rez notes
- Guatemala, Stevie Nicks and a resolution 4

news
- Hunting camp burglaries 5
- Sexual assault victim speaks out 7

features
- The lost music of James Bay 10
- Dr. Darlene Kitty honoured 15
- Lemon Cree online 17
- Rehabilitation professions 19
- Insulin's bad rap 21
- Green energy deal 23
- Shelter stall 27
- Casserole skills 28
- Karate fulfills 32
- Setting the record straight 39

UTNS
- The thing that flies 42

David Bergeron

Guatemala, Stevie Nicks and a resolution

by Joshua Iserhoff

"Guatemala, land of eternal spring where Native people and Europeans have lived together and made the country rich with traditions and culture" is how my Guatemalan friend Dana describes her country. I couldn't agree more.

I had the chance to attend the World Indigenous Business Forum in Guatemala in late October and to facilitate a youth discussion. Once there, "Indian time" got the best of us so I used my time accordingly, discovering that Indian time is international.

When Guatemala President Otto Perez Molina arrives fashionably late it is exactly the right time for him to stroll in. In the meantime, we the people have to kill time and fill in dead air. CNYC Youth Ambassador Nick Wapachee was able to join me because of his passport, filling one of the empty seats for the post-secondary students. Nick and I enjoyed the president's opening remarks through a translating device. Many of our Manitoban friends were able to meet-and-greet him but your Cree pals were in the shade enjoying Mayan company.

On the evening of the last day of the conference, we made a trip into Antigua. I always thought Antigua was a Caribbean island! Thanks to Google, I discovered there are two, including the historic colonial Guatemalan city. Your beloved Cree pair met and entertained several hot locals there. What a treat that was! I swear if they had platform shoes they'd pass as Crees – except they hustle to sell ("mak sale") great and beautiful things.

We, the Cree, do not hustle that much. We're given a price and what do we say? "Kiaboot." I will always remember our guides Kevin and Elizabetta. Every time we stopped to take in the view and breathe in the history, shared with such passion, Nick and I felt their huge pride in speaking of their culture. Their enthusiasm and storytelling impacted and, in some ways, challenged me to embrace my culture, as I should.

This is what I love about traveling and interacting with other cultures. It awakens you and whatever moment you encounter stirs you to the core of your being. I think one of the definitions of being human is to feel, acknowledge, see and hear our fellow peoples.

What a lovely country Guatemala is, but I couldn't find any fashionable boutiques such as All Saints. That's okay – I have the president's number if I ever want to request anything. I jest.

Weeks back, I mentioned a "bucket list" and since then I have been carefully adding to the list. Fortunately, the greater Force then granted me an opportunity to be in the presence of my all-time favourite band: FLEETWOOD MAC! Thanks to my pussycat, Edna Neeposh (MCC's), I was able to purchase my dream to see and hear Stevie Nicks and Christine McVie sing together. What a fantastic, euphoric show that will be! Next on the bucket list is to meet Stevie and sing with her.

Hey, I can sing, why not? I am not going to be a politician forever! Maybe one of these days I will sing a Spanish song while Lyle Stewart and Otto cheer me on. OMG, snow is here. Can I go back and be an official Ambassador of "Guate" to Eeyou Istchee? Can we pass a resolution pronto?

the Nation is published every two weeks
by Beesum Communications
This paper contains 70% recycled materials

EDITORIAL BOARD
L. Stewart, W. Nicholls, M. Siberok, N. Diamond, E. Webb

EDITOR IN CHIEF
Will Nicholls

DIRECTOR OF FINANCES
Linda Ludwick

IYIYUU AYIMUUN EDITOR
Brian Webb

COPY EDITOR
Lyle Stewart, Martin Siberok

PRODUCTION COORDINATOR
R. Mayer

CONTRIBUTING WRITERS
A. German, J. Staniforth, J. Barde, J. East, J. Iserhoff, X. Kataquapit,

PHOTOGRAPHY
L. Stewart, A. German, N. Diamond, W. Nicholls, D. Valade

SALES REPRESENTATIVES
Danielle Valade, Lyle Brebner

DESIGN AND LAYOUT
R. Lawson

THANKS TO: Air Creebec

WHERE TO REACH US:
POSTMASTER:
The Nation PRODUCTION OFFICE
4529 CLARK, #403, MONTREAL, QC., H2T 2T3
EDITORIAL & ADS
TEL.: 514-272-3077, FAX: 514-278-9914
The Nation HEAD OFFICE
P.O. BOX 151, CHISASIBI, QC. J0M 1E0
www.nationnews.ca
E-MAIL ADDRESSES:
Editorial: nation@nationnews.ca
news@nationnews.ca
Ads: for Danielle Valade
ads@nationnews.ca
for Lyle Brebner
publicity@nationnews.ca
Classifieds: news@nationnews.ca

SUBSCRIPTIONS
INDIVIDUALS & INSTITUTIONS:
$60 PLUS TAXES, US: $90, ABROAD: $110
PAYABLE TO BEESUM COMMUNICATIONS
PRINTED BY IMPRIMERIE LEBONFON
ALL RIGHTS RESERVED
PUBLICATION MAIL #40015005
ISSN #1206-2642
The Nation IS A MEMBER OF:
THE JAMES BAY CREE COMMUNICATIONS SOCIETY,
CIRCLE OF ABORIGINAL CONTROLLED PUBLISHERS,
MAGAZINES CANADA
QUEBEC COMMUNITY NEWSPAPER ASSN.
CANADIAN COMMUNITY NEWSPAPERS ASSN.
LES HEBDOS SÉLECT DU QUÉBEC
We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund of the Department of Canadian Heritage.
facebook.com/NATIONnewsmagazine
Twitter: @creenation_news

2009 WINNER CCNA BETTER NEWSPAPERS COMPETITION

CMCA AUDITED

Theft on the trapline

Hunting camp burglaries are a growing problem

by Jesse Staniforth

Last Thanksgiving Monday, Willie Ottereyes of Waswanipi enjoyed a feast at camp with his family before heading back to the community. Less than a week later, he wasn't feeling so thankful – when he returned on the weekend he discovered burglars had looted his camp.

"Somebody pried all my locks open from the hinges," he told *the Nation*. "I even had two storage bins – they pried them open with a hammer and stole my generator – a 2000 Honda – 15 gallons of gas, my chainsaw, and my three guns: my 12-gauge, a .22, and a .30-30."

Though he was taking the loss in stride, he couldn't help but admit what damage it was going to do to his hunting season.

"I don't mind the generator and the chainsaw, but taking the guns away, that's like cutting somebody's hands and legs off."

When *the Nation* spoke with him, Ottereyes was still in the bush, but he had already sent a letter to the Cree Trappers' Association asking if they could help him out. Burglaries are an unfortunately common occurrence in the area.

"It happens sometimes," he said. "People lose paddles or a motor, something like that. I don't think the police are doing much good, even when they go around asking questions."

A friend of his – also near Waswanipi – suffered a similar burglary, and the CTA compensated him for roughly half of what he'd lost.

"Hopefully they can help me so I can buy my guns at least," he said.

Paul Dixon, Coordinator of the Waswanipi Local Fur Office of the CTA, isn't ready to make any guarantees.

"I don't know if we can compensate him," he said, underlining that there are greater systemic problems at play that contribute to burglaries – the installation of roads, and the difficulty of getting proper insurance. "We were there first. Then the roads came to us, and that's how we got ripped off. First the roads came, then the vandalism [and robberies] came."

At the same time, he noted that prejudice might stand in the way of trappers getting fair treatment from police when they report such crimes.

"When we call about the vandalism [and burglaries] and the SQ guys come, do you think they're going to look for our things? We don't know the serial numbers, and we don't pay taxes. They just brush us off. They come by to enjoy the road. They're not going to bother with us."

> "I DON'T MIND THE GENERATOR AND THE CHAINSAW, BUT TAKING THE GUNS AWAY, THAT'S LIKE CUTTING SOMEBODY'S HANDS AND LEGS OFF."
>
> Willie Ottereyes

A compounding problem, he noted, is that non-Cree insurance is unlikely to cover belongings that spend most of their time on the land. He told a story of a Cree hunter trying to insure his boat with a southern insurance firm.

Paul Dixon, Coordinator of the Waswanipi Local Fur Office of the CTA

"They said to him, 'OK, we'll insure your boat, and work out all the expenses. So you'll be leaving this most of the time at your house in your community, right?' [The hunter] said, 'My boat's going to be in the bush 90% of the time! That's where I am!' And the guy took the boat right off the insurance. He told him, 'You might as well give this to the robber.'"

Still, Dixon bemoaned the sorry state of Cree insurance. With southern firms, you can get insured to close to 100% the cost of replacing your lost belongings.

By contrast, he said, "Here the insurance is only 40%, and that's not

including depreciation. So you'll never get the full cabin insured if it burns. Never. But we were there before the white man ever came, before Christopher Columbus tried to sell us some insurance. Because we are a hunting society people, no insurance company will cover us."

For the meantime, however, Dixon suggests the only thing to do is to lock down belongings more tightly.

"There are some dos and don'ts," he said. "I told my brothers, build a shed and lock it so you wouldn't have to complain. I've got a steel shed outside, because I know over the years that trappers had wood sheds. I don't live that far from Chibougaumou. If I don't have steel, I'd use one-inch thick boards. We used to use half an inch, but somebody would use a chainsaw and cut right through it to steal things."

Proximity of non-Native communities, said Dixon, encourages the problem.

"It's non-Natives, I'll tell you that – and the non-Natives will tell you it's the Crees. Chapais used to be a booming town, but the mine closed about 15 years ago. What do you think these guys are going to do?"

Whatever the reasons for the problem, he admitted, understanding it doesn't make it any easier to endure.

"Willie lost a generator, a chainsaw, guns – holy smokes. He really needs help. He's got a point there, it's like chopping the arms and legs off a hunter."

Ottereyes remained hopeful that the CTA would be able to bail him out, and he planned to meet with them as soon as he returned from his trapline. Until then, though, he was left without much of what he needed to hunt through the winter.

"Right now I'm driving around with a slingshot, hoping to kill a moose with that," he laughed sadly.

Cree Development Corporation
CASH PRIZE
$2,000
LOGO
CONTEST
Deadline for submission:
Friday, December 12, 2014
Here is a grand opportunity for you to brand the future of economic development for the Cree Nation of Eeyou Istchee!
The Cree Development Corporation is...
Please watch the video message for more information on the Cree Development Corporation at: http://new.livestream.com/accounts/8792434/CreeDevelopmentCorporation
And visit: www.creedevelopmentcorporation.ca
Additional information at this Wikepedia page: www.goo.gl/ah4kdq
Please submit to:
Donna L Hester
Communication Advisor
dlhester@cra.qc.ca
**Feel free to contact the above via email for contest rules and inquiries.

Speaking out

Sexual assault victim encourages others to come forward

by Jeremy East

A former lieutenant with the Eeyou Eenou Police Force, Joshua Kawapit, has been found guilty of sexual assault and sentenced earlier this month after a two-year trial concluded in August. His victim was Linda Masty, a fellow employee at the Whapmagoostui detachment.

When Masty began working as an Administrative Assistant for the EEPF in August 2012, she says had never before felt unsafe in the workplace. That sense of security quickly faded when Kawapit, her supervisor, started harassing Masty during her very first week on the job.

According to Masty, things began with the lieutenant making lewd sexual comments and rubbing her shoulders as she sat at her desk.

"It made me really uncomfortable, and I didn't know what to do or say," said Masty. "I was dreading going into work every day."

After Kawapit told Masty that he planned to teach her how to perform a full-body search, she decided to consult her superiors. She spoke with Captain Shawn Coonishish about Kawapit's office conduct, and he assured her that he would speak with the officer. It remains unclear whether a formal complaint was ever filed.

On September 13, days after she spoke with Coonishish about Kawapit's misconduct, Masty was sexually assaulted inside the Whapmagoostui police detachment. She had been working there for less than a month.

"After it happened, I didn't know whether I should leave work or if I should stay or report what happened," said Masty. "I was devastated – I was hurt and humiliated. I was ashamed and I couldn't believe that something like that could happen in a police station where I was supposed to be protected and safe."

After the assault took place that day, Masty reported it to the Kativik Police and the Sûreté du Québec took over the investigation. She pressed charges against Kawapit, who was suspended from his duties without pay. Almost two year later, he was convicted and on November 3, he was sentenced to five months house arrest and a subsequent one-year probation term. With court proceedings concluded, the EEPF plans to proceed with their internal employee disciplinary process.

"I had flashbacks to that day, playing what happened over and over in my head," said Masty. "I heard from Human Resources to see if I was okay, but they only gave me a hotline phone number to call for support." Masty also reports that she did not receive an apology from the EEPF, although she did ask for one after Kawapit was convicted in August.

"What really bothers me is that I told someone I was uncomfortable in the workplace and I feel like I wasn't taken seriously. There was a three-day gap between when I told the captain and when I was assaulted."

> "I COULDN'T BELIEVE THAT SOMETHING LIKE THAT COULD HAPPEN IN A POLICE STATION WHERE I WAS SUPPOSED TO BE PROTECTED AND SAFE."

In an email statement to *the Nation*, Captain Coonishish admitted that the incident should never have taken place.

"The EEPF strongly believes that all citizens have the right to personal security and are entitled to a safe environment free of harassment or threats," wrote Coonishish. "The disposition of this case shows that no one is above the law. If you aggress someone, you will have to answer for your actions."

After being given a month off work following the assault, Masty returned to the Whapmagoostui detachment. She says that all her coworkers treated her respectfully and professionally thereafter. However, she believes that she didn't get the support she deserved from the EEPF or the Cree Nation Government.

A 2014 study found that approximately 460,000 sexual assaults occur in Canada every year. For every 1000 cases of sexual assault, only three result in convictions against the assailants, and only 33 are even reported. Masty hopes that her decision to come forward with her story can encourage other victims to do the same, particularly those in small northern communities where doing so can be incredibly difficult. She also hopes that improvements will be made to help victims of sexual assault in the Cree Nation.

In September, Masty decided to leave her position at the EEPF to pursue a new opportunity in the health sector. She finally received an apology from EEPF Chief Reggie Bobbish in early November after the Nation began asking the force to comment on the case.

ADVERTORIAL

Hydlo and FRIENDS Online

TO BE WON:
AN
iPad Air

CONTEST
Pick your favorite video and get a chance to win an iPad Air
(valued at $595).

Hydrometry: Shared expertise

Jimmy Neeposh

The free movement of fish

Leslie Tent

Maintaining brook trout habitat

Walter Jolly

Enter now at **www.hydloandfriends.com**

The contest runs from October 3, 2014, through December 5, 2014, and is open to members of the Cree nation living in one of the Native communities of Eeyou Istchee who are at least 18 years of age. Limit of one entry per person per day. The winner will be announced at 8:00 a.m. on December 10, 2014, during the Hydlo and Friends radio show on JBCCS.

Mistissini death

Mistissini fisherman David Miamscum has passed away. Miamscum was reported missing on October 27, and was found by his son the following day. His body was recovered in the Bay Penicouane, his traditional hunting territory. It is believed that Miamscum fell out of his canoe. David Miamscum was 67 years old.

Reopening cooper mine given green light

A mineral company that wants to look into reopening an old Eeyou Istchee copper mine has received a green light from both the Grand Council of the Crees and a neighbouring Cree community.

The Grand Council and the Cree Nation of Mistissini say that the partnership agreement signed with Copper One lays out a fair plan. And that should the mine be reopened, Crees will benefit through both jobs and financial compensation.

"The Cree Nation of Mistissini welcomes the approach taken by Copper One regarding the Troilus Project," said Mistissini Chief Richard Shecapio. "This approach, based on building a respectful and mutually beneficial relationship, takes into consideration our interests, our values, our culture and our way-of-life. This is how long-lasting partnerships are built."

The exploration agreement grants Copper One permission to undertake a feasibility study. In the event that the company wishes to reopen the mine, it will then pay for a business and employment capacity study, which will determine how Mistissini will benefit. The company will also follow guidelines laid out in the James Bay and Northern Quebec Agreement.

Grand Chief Matthew Coon Come said the deal demonstrates how "resources development and the respect for Aboriginal rights can go hand-in-hand."

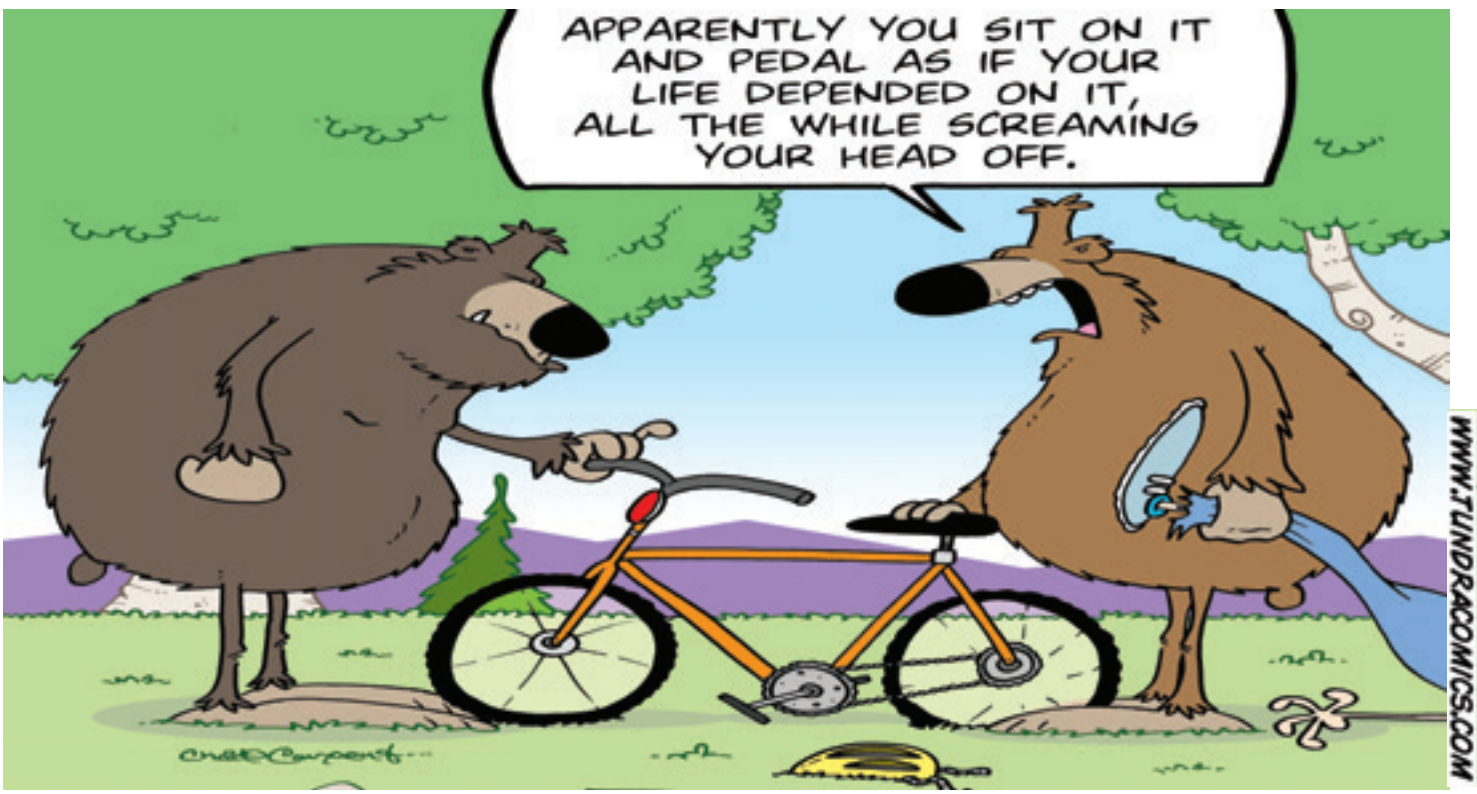
G. Scott Moore, President and CEO of Copper One, has expressed his appreciation of the cooperation he has received from the GCC and Mistissini on the project.

"We are extremely pleased to have signed our pre-development agreement with the Cree Nation of Mistissini, The Grand Council of the Crees (Eeyou Istchee) and the Cree Nation Government. We look to continue the excellent rapport of our predecessors Inmet Mining and First Quantum with a renewal of the Troilus gold project."

Corrections

Due to an editing error in the last issue (A rising star, Vol. 21, No. 26), Cree singer Mariame Hasni's big influence was misidentified as Selena Gomez. In fact, Hasni's idol is the late Selena Quintanilla-Pérez, the "Queen of Tejano Music." *The Nation* apologizes to Mariame Hasni for the mistake.

Two errors have slipped into my last (Oct.17) Rez Notes!
First, it was Shawn Iserhoff, not Matthew, who travelled to Germany to protest and attract international attention to stop uranium activities in Quebec.
Second, I was mistaken to say that Melissa B. Saganash and I share a mandate.


APPARENTLY YOU SIT ON IT AND PEDAL AS IF YOUR LIFE DEPENDED ON IT, ALL THE WHILE SCREAMING YOUR HEAD OFF.
WWW.TUNDRACOMICS.COM

Goose Wings

The lost music of James Bay and beyond gains an international audience

Morley Loon

Lawrence Martin and Leland Bell

Fresh out of high school back in the mid-1970s, Eastmain's Lloyd Cheechoo was in Moose Factory playing drums and a bit of guitar in a band with his cousins. One day a fiddle player named Clarence Louttit asked him a favour: someone from the Oji-Cree Cultural Centre was recording local artists for a compilation, and Louttit wanted to know if Cheechoo could add some guitar to his tracks. Once that was done, the recorder said, "Hey Lloyd, do you have any songs?" So it happened that Cheechoo contributed two songs to a compilation called Goose Wings – and 40 years later, those songs are about to be re-released internationally by a celebrated label in Seattle.

The forthcoming Native North America, Volume I (NNA) is a two-CD compilation of artists from Northern First Nations, Métis and Inuit communities being prepared by a record label called Light in the Attic, which specializes in releasing rare and lost recordings to new listeners the original artists would never have dreamed would hear them.

The new compilation contains two songs by Cheechoo – an ode to James Bay, and his musical retelling of the contact between Crees and white explorers from Scotland. Also featured on the album are artists who would once have been household names in Eeyou Istchee, such as Willie Mitchell, Brian Davey and the legendary Morley Loon. Light in the Attic is highly respected for the love they put into their projects, and this one will contain a 120-page book detailing the histories of the 23 featured artists.

Vancouver DJ and record historian Kevin "Sipreano" Howes is the driving force behind the project. For the past decade, Howes has been digging up lost albums, singles and compilations of Aboriginal music recorded across North America between the 1960s and the 1980s.

Howes said he loves learning about the history of the Canadian music industry, but has always found the history has been disproportionately slanted

"Dances were big around Moosonee and Moose Factory. It was like a full-time job, consisting of playing every weekend. That was pretty good for us. Moose Factory was known for live music, with big halls and big stages. People from Waskaganish, Eastmain, the other coast, they'd fly down for these dances."

toward artists who were commercially successful – and white.

"Growing up, we'd hear countless stories about Gordon Lightfoot and Anne Murray and the Guess Who – all fantastic artists in their own right – but I discovered through record collecting that there was a lot more great music recorded in Canada at the time that didn't break through commercially, but was equally valid and important culturally and musically."

The fact that a record wasn't successful didn't necessarily have any connection to its quality, Howes pointed out.

"Artists who received commercial success, that comes through promotion and media and support," he explained. But for Indigenous artists, much of that support and financing didn't exist. "The recordings themselves, the vinyl recordings the compilation was produced from, some of them are very obscure and difficult to find. Some were only recorded for CBC broadcast, and weren't sold in stores."

Native North America Cover

The very best an artist could hope for, Howes said, was for a few records to make it to stores across Canada. But most of the time, recordings of Aboriginal bands and singers were limited to the regional communities in which the artists performed.

While Howes acknowledges that veteran artists might have viewed the small numbers their records sold the first time round as a defeat or failure, he says "good music will last forever, and maybe it takes time for people to fully digest it. Now, even though it's some 30 or 40 years after these recordings were made, there'll be a lot of people who'll be interested in hearing about it and learning about it."

The only problem is that the records themselves are disappearing – and so are the people who made them. Because the vinyl records were made in small batches, it's easy for them to have been lost, damaged or thrown away. Howes was driven not just by his love of the music, but also by the knowledge that if it wasn't preserved and protected, it might be lost forever. After years of collecting Aboriginal recordings, Howes was dismayed at how little information exists about the artists.

"I Googled Lloyd Cheechoo and couldn't find out anything about his music," he said. "I looked in the index of the *History of Canadian Music* book and I didn't see his name. But his music affected me in such a positive way. I had to go right to the artist. So I phoned Lloyd, and I said 'I'm calling from Vancouver and I have the record here that you cut in the 1970s. I want to thank you for your music. We'd like to try to put it out.'"

Winds of change

Reached at his home in Eastmain, Cheechoo – now the Executive Director of the Cree Native Arts & Crafts Association – says he's very happy about the upcoming compilation's release.

"It came out of the blue and surprised me," he said. "In that era, all we did was play live. I know most of the people on the compilation, all throughout Ontario, from the festivals that happened. To come together in one album is great."

Having begun his career as a musician while he was still in high school, Cheechoo recalled the flowering of Native music of the 1970s as having political roots.

"At that time, that era, that's a time when these people had come around us when we were high school kids, saying 'Grow your hair, braid your hair, it's great to be Native again.' There was an awareness that was created there. We went to cultural gatherings, sweat lodges and pipe ceremonies. It was a very interesting time."

Cheechoo recalls recording the two songs included on the compilation almost by accident, after he accompanied fiddler Clarence Louttit to the Moosonee radio station to back him up on his own recordings while they were being recorded by Mel Stewart of the Oji-Cree Cultural Centre.

"After they were done, he said, 'Hey Lloyd, do you have any songs?' I said, 'I have one song I finished writing.' He said, 'Can I record you?' I said sure."

The song told the story Cheechoo had heard from his grandfather Noah, about the first European ship ever seen in James Bay, that of James Cook, off the coast of Waskaganish.

"I loved that story. It was passed down and [my grandfather] picked it up. So I started getting these ideas of a song around it. One day I remembered that I had notes, and I figured it was time to write the song. I called it *Winds of Change*."

Lloyd Cheechoo

Willie Mitchell

They recorded the song in Timmins on a four-track recorder, with Cheechoo playing guitar, bass and drums, and his cousin Vern Cheechoo contributing electric guitar. Until then, Lloyd Cheechoo had only been a drummer in a high-school band with his cousins, and his break into song writing came as a surprise.

"Vern said, 'Where the hell did you get that song, man?' I said, 'I wrote it!'"

When they finished *Winds of Change*, engineer Mel Stewart told Cheechoo there was room for another song.

"I had started writing another one, but I only had two chords, a B and a G," Cheechoo recalled. "[Stewart] heard the arrangement first and said, 'Not bad. I'm going for lunch – give me another verse and we'll put it down.' So I started writing the verse, and he came back and said, 'Good enough!'"

The resulting track, *James Bay*, appeared on a compilation called *Goose Wings: the Music of James Bay* along with tracks by Lloyd's cousin Vern Cheechoo and Lawrence Martin (who also played with the Cheechoos' band) and other musicians like Moose Factory's Brian Davey and Chisasibi's Roger House.

Though they were a proud memento – and *James Bay* was used in some regional tourist projects – the recordings took a backseat to playing live.

"We did dances," Cheechoo said. "Dances were big around Moosonee and Moose Factory. It was like a full-time job, consisting of playing every weekend. That was pretty good for us. Moose Factory was known for live music, with big halls and big stages. People from Waskaganish, Eastmain, the other coast, they'd fly down for these dances. Open bar and everything! It still goes on today, but not as much as the 70s. The 70s was the heyday for live music."

His success as a live musician propelled him into the orbit of Mistissini's Morley Loon, who hired Cheechoo as his second guitar – and introduced him to his sister, whom Cheechoo married.

"I went on the road with Morley," Cheechoo recalled. "It was very fun and interesting times. He said, 'Lloyd, you should learn to sing in your own language.' Apparently Kashtin said that Morley told them to do that, and that's when they started doing their songs in the Innu language. I was lucky that I was hanging around with an icon like Morley."

While Cheechoo understands that not every artist from the era could be represented, he noted that Roger House wasn't included. "He was the songwriter for us," he said of House. But he was excited about the songs by Brian Davey, Willie Dunn and Willie Thrasher. In particular, he cites Mistissini's Kitigan Zibi-born Willie Mitchell as an icon.

"He was a great songwriter – *Birch Bark Letter* and *Call of the Moose*. Nobody could write better than him. He was fantastic."

Howes agreed that it was a shame to have to leave some artists out, and underlined that no single compilation could ever provide a complete history of the James Bay music scene.

"This is just a cross-section of what was happening at the time," he said. "When you look back 40 years ago – many of the artists didn't even get to cut a record. They were just performing live at different events. But the artists who were lucky enough to do vinyl recordings, that's all that exists, and the records are becoming extinct."

At least these tracks will be preserved and remembered – and given an enormous international audience among Light in the Attic's dedicated music fans. Nearly 17,000 people have "liked" the label's Facebook page.

"Some of the artists are still active in music and hopefully it'll raise awareness of what they're doing today and provide opportunities for them to get on stages and perform," Howes said. But above all, he hopes that the compilation will bring a renewed sense of pride to the musicians it spotlights.

"I want to hand a copy of this compilation to Lloyd Cheechoo and hopefully see a smile on his face, that we've done his music proud. I look forward to getting it into the artists' hands. If the artists are happy with this project, I've done a good job. Everything else is the icing on the cake."

Hello Kitty!

Cree doctor wins prestigious Dreamcatcher Foundation Award

by Amy German

Dr Kitty with hers parents and the Health Award

Swapping her lab coat for a fancy gown, Eeyou Istchee's first and only Cree medical doctor, Dr. Darlene Kitty, was honoured October 23 for her career in medicine by the Dreamcatcher Charitable Foundation, in Hamilton, Ontario.

The foundation raises funds for various endeavours involving children. It also recognizes members of Canada's Aboriginal communities in the sectors of health, education, arts and culture, sports and lifetime achievement

"I thank the DCF for this award as I am very honoured and humbled in receiving it," said Kitty.

According to Sara Awdish from the DCF, "Dr. Kitty was selected by a member of our Gala Committee. After careful revision of all of her accomplishments we felt she was a community leader and suitable candidate for the Health Award given her accomplishments."

At the 2014 gala, hosted at the Hamilton Convention Centre, Tomson Highway was also honoured for arts and culture, Duncan Cree for education, Rochester Knighthawks for sports and Graham Greene for Lifetime Achievement. An audience of 1200 included members of the Black Eyed Peas, Matt Sorum, Gil Birmingham, Jeremiah Bitsui, Tantoo Cardinal, Lorne Cardinal, Bronson Peltier and Wes Studi. Adam Beach hosted the event that featured performances by Sam Moore, Murray Porter, Tia Carrerre and Brian Wilson.

Kitty began practicing medicine in 2005 after attending medical school in Ottawa and a residency in Sudbury. She said that her goal was always to get the clinical knowledge and skills needed to practice in James Bay. Along that road, Kitty said she gained experience, leadership and advocacy by getting involved in medical committees, organizations and projects.

As Kitty's first medical career was in nursing. She decided to take a big leap forward by studying to become a doctor. Both careers started with her curiosity about science and the human body throughout high school and university, which led to a biology degree. Wanting to do more than work in a laboratory, she said it was through nursing that she was first able to see firsthand that she could help people.

"It is more than science, it is helping others, teaching them, comforting them and advocating for them. I thought that if I went back to

> AS A ROLE MODEL, I STRONGLY BELIEVE WE NEED TO ENCOURAGE, SUPPORT AND MENTOR OUR YOUTH, HELP THEM FIND POSITIVE DIRECTION IN THEIR LIVES AND AIM FOR A CAREER THAT THEY WILL ENJOY AND PROSPER IN.

school and studied hard I could become a doctor and so I did," said Kitty.

Along the way Kitty said she was inspired by a number of role models who encouraged her over the years but none more so than Dr. John Big Canoe.

"He told me his story and how he persevered to get in, study well and graduate from medical school. He told me not to give up and not to let them say that you are not good enough," said Kitty.

"Though he passed away from a boating accident soon after I spoke with him, I now repeat his message when I speak to youth. As a role model, I strongly believe we need to encourage, support and mentor our youth, help them find positive direction in their lives and aim for a career that they will enjoy and prosper in."

Kitty said she hopes that her legacy will be for the Cree Nation to achieve better health and that includes social and mental well-being as well as clinical services and traditional ways of healing.

"There are many problems in our communities which touch every family but we have to find the strength to face these by providing appropriate and much-needed health services on the frontline and in the community health programs and social services. This can be achieved. I realized this after seven years of clinical practice that I had to step up, speak out and act. My colleagues and I are working very hard to do this together," said Kitty.

Lemon Cree online

Bringing the workout home and anywhere else

by Amy German

For those who fell in love with Lemon Cree's brand of bounce fit and other exercise programs back when founder Theresa Ducharme toured the communities to train and engage Eeyouch in fitness in a fun and friendly atmosphere, the program is now available online.

Realizing a long-sought dream, Ducharme and her trainers have managed to put the program online thanks to a series of videos that subscribers can watch on their home computers or on the road via their electronic devices either to workout by themselves or in a group.

"It was an idea I came up with several years ago because there was a demand from people who wanted to continue on with me and wanted to work out from home," said Durcharme.

"After visiting all of the communities, I didn't want to leave them high and dry without giving them some tools. This was again inspired by the women living in the James Bay."

Ducharme said her website features 12 videos and about two new ones are added every month. Subscribers can choose from a selection of yoga, bounce fit and power-fit videos. All of them feature Ducharme leading group workouts that were filmed while she was on the road, working with First Nations groups in different provinces.

To give the videos an organic feel, Ducharme said they decided not to do any editing. So if a trainer falls off a ball during the workout, that's what subscribers see. The same goes for participants working out with Lemon Cree. Since some can't always keep up with the pace, there are scenes of them working within their own limits.

2nd Annual Fitness Convention

"You will see people of all sizes. Though I have my own models, when we are working out we have large women and men who exercise with us, so it is all very real. Since there is no editing, you are funny moments, because people fall off the ball or start laughing – we just left it as is," said Ducharme.

All of this is by design in order to recreate the warm, supportive, unintimidating and welcoming environment that has become synonymous with the Lemon Cree brand.

And, this is how Ducharme said she envisioned these videos, with the participants from places like a women's shelter in Fish River, Manitoba, where some of the women stop working out because they are completely out of breath. There are moments that are both funny and endearing, much like working out with Ducharme in person.

Subscribers can communicate with Ducharme online. She said some of the women, like those at the Friendship Centre in Senneterre, work out with the videos every day as part of their routine and communicate their progress to her.

"Some of the women at the Friendship Centre are older and have health issues. I see that they are feeling stronger and now some are saying that they feel more flexible. That is music to my ears and makes me teary eyed. I love to know that we are all getting fit together and they are sharing this in their communities," said Ducharme.

The online program also includes a series of recipes that are being developed with Lemon Cree's chef, Simon van der Maaten, who has been working with residents of the Webequie First Nations in northwestern Ontario. Van der Maaten has created recipes using what is available locally and so they often include wild meats and what is found in a northern grocery store.

Subscriptions run at $4.99 per month and more information can be found at www.lemoncree.com

A Resource Mine

ᐊᑦ ᐅᖏᑎᓂᕆᓂᖅᐸᒃ ᓚᐅᐢ ᐅᖏᕈ ᐊᑦ ᓄᑎᕐᔪᓂᖅᐸᒃ

Shawn Wapachee

Oujé-Bougoumou, Project Manager in Janitorial Services

"My responsibilities as a Project Manager for Wolf Camp Services, Cree business partner, are plural. Among other things, I am in charge of administrating the payroll, overseeing the operations, promoting health and safety, and to introduce new work methods. I enjoy the daily challenges that we face and appreciate the common opportunities that arise in a partnership context."

Career opportunities in administration at Éléonore:
Cook • Storekeeper • Buyer • Computer technician • Janitor • Administrative agent

goldcorp.com/careers

GOLDCORP
ÉLÉONORE

"WE ARE GOING FROM A MODEL WHERE IT WAS DOCTORS AND NURSES TO A SERVICE WHERE THERE ARE NUMEROUS DIFFERENT PROFESSIONALS. WE ARE HOPING THAT PEOPLE GET TO KNOW THESE SERVICES AND START ASKING FOR THEM."

Professional treatment

What the rehabilitation professions at Allied Health can do for you

by Amy German

A few months ago the Cree Board of Health of Social Services of James Bay's Department of Allied Health decided that it was time to raise their profile within Eeyou Istchee. Not because there wasn't enough demand for occupational therapists, physiotherapists, speech and language pathologists and psycho-educators, but because these services mean Crees receive treatment on their own turf.

Adelina Feo, an occupational therapist and the CBHSSJB's Director of Professional Services and Quality Assurance of Allied Health, says the need to publicize the department's services stems from the fact that there are many patients who need multidisciplinary approaches to healing.

Relatively new in the territory, Feo said that services in the department began in the 1990s with a handful nutritionists and two occupational therapists flown in to cover the entire territory. More than 20 years later, there is now a growing number of specialized occupational therapists, physiotherapists, speech and language pathologists, and psycho-educators living in the territory, treating Crees and growing more accustomed to their needs every day.

"We are going from a model where it was doctors and nurses to a service where there are numerous different professionals. We are hoping that people get to know these services and start asking for them. Not that we aren't busy already – because we are – but now there is a sense of owning these services instead of having people travel for special treatment," said Feo.

While she recognizes there are waiting lists to get treatment from some of these therapists, this is the norm throughout the province, even in urban centres like Montreal.

In order to become more familiar with these professionals and the kinds of services that they offer, Feo provided brief descriptions:

Physiotherapists: this type of therapist will often work with a patient after an injury to improve a patient's mobility, range, physical strength, balance and pain management. They can also work with children experiencing developmental delays.

Occupational Therapists: these therapists help improve function in a patient's daily activities through various means. They work with victims of stroke, those with a work injury or who are experiencing mental health issues, on anything from fine motor skills to reconditioning an individual to go back to work.

Speech and Language Pathologists help improve communication on various levels. Communicating isn't just about talking but rather making needs known and understanding. While they will more frequently work with children, these therapists also see adults who have aphasia from a stroke or Parkinson's disease.

Psycho-educators: a psycho-educator provides psychological education to help a patient develop coping skills and adaptive behaviours to aid in developing resilience. These professionals will treat a wide variety of individuals in all sorts of situations, at any age or any walk of life.

For more info:
www.creehealth.org/whatisalliedhealth

Centraccès Formation

Training the Trainers & Computer Training Center

Knowing - Discovering - Sharing

Since 1999

Take advantage of the Training Capsules

www.centracces.com

☎ **819-824-8884**

SECRETARIAL STUDIES

- MASTER THE WORKPLACE ENVIRONMENT
- USE MULTIPLE SOFTWARE
- DEVELOP SUCCESSFUL WORKING TECHNIQUES USED FOR THE PROFESSION

✓ *Starting date to be confirmed*
✓ *Mistissini* ✓ *1485 hours*

BECOME THE CORE OF AN ORGANIZATION

CONTACT YOUR LOCAL EDUCATION CONSULTANT RENÉE LABBÉ
AT 418 923-3347 324

WWW.CSBSAES.CA

ᐃᓕᓴᕐ ᒋᐊᑎᒪᔨᐧᐃᐣ
Cree School Board
Commission Scolaire Crie

ᓱᓕᑎᓐᐧᐃᐣ ᒫᓇᐅ ᒋᐊᒌᒪᔭᐃᐣ
Sabtuan Adult Education Services
Service de l'éducation des adultes Sabtuan

Insulin's bad rap

Why diabetics may want to re-evaluate their insulin use

by Amy German

Insulin is one of the oldest treatments for diabetes, first hitting the market in the 1920s. It remains one of the most effective treatments for the disease, says Dr. David Dannenbaum of the Cree Board of Health and Social Services of James Bay.

Despite its effectiveness, Dannenbaum said the medication strangely has developed a bad reputation.

Dannenbaum said that he often encounters Cree who see insulin as something that their elderly uncle was given just before he was sent down to Montreal to have his leg amputated and ending up on dialysis.

"People make this association of insulin as something that causes amputations or dialysis. This is not true," Dannenbaum emphasized. "Many people refuse insulin and it is often started on it very late, at which point it is not the insulin but the long-standing poorly controlled diabetes that caused them to have consequences from the disease."

The reality is that prescribed insulin is almost exactly the same as natural insulin produced by our bodies. Because this medicine has been around for over 50 years, it has been proven to be very safe. While it does take a bit of time to learn how to use it properly, once a patient learns it is successful at getting sugars down to healthy levels. Patients are often proud of their accomplishments with it and in turn feel more awake, stronger and healthier.

Dannenbaum says the practice of prescribing insulin only when there is no other recourse is an old-school approach. Doctors are now finding that prescribing it earlier can have very positive results because it can replace the insulin that is missing in the body and allow a patient's pancreas to rest.

When a diabetic first starts treatment, insulin is often taken once a day, at night before bed. When the patient wakes up in the morning they will often feel better because their blood sugar has come back to more normal values. The other advantage is that the pancreas is able to rest overnight. By using this method of treatment a patient's pancreas will often stay healthy for a longer time.

"A lot of people have the impression that insulin is for 'bad' diabetes and they feel good so they can't have 'bad' diabetes. But, actually the opposite is true. The only kind of diabetes that is 'bad' is when the blood sugars are high and this causes complications of diabetes. Insulin is one of the best medicines to help you keep your blood sugar 'good' and keep you feeling healthy and strong," explained Dannenbaum.

Insulin is also used when someone is first diagnosed with diabetes as a way to quickly get the blood sugar back to healthy levels, and let the pancreas recover some function. Often, if a patient uses insulin for two to six months and then makes some healthy lifestyle changes (physical activity and cutting out junk food and sugar drinks), the insulin can sometimes be stopped and the blood sugar remains at healthy levels.

"Although most people with diabetes for many years continue to use insulin throughout their life, when it is used at the diagnosis of diabetes like this, it often can be stopped and does not mean that you are on it forever. Many people also chose to stay on insulin because it works so well, and they feel so much better when they are using insulin," said Dannenbaum.

For more information on whether insulin is the right treatment for you contact your local clinic.

SECURITY
Industrial
Security
Program
Collège d'Alma
Are you: disciplined, active, and looking for long term employment?
Our Partners
stornoway
Make a career in
Security
Your next choice
730 Hour Program
Located in Mistissini
Please apply before
November 30, 2014
Training Provides:
Hands On Training
Employer demanded certification
Essential/Lifeskill Support
Self Defense/Physical Training
Industry Recognized Training
More Information :
(418) 923 2525 ext. 232
stephen@chrd.ca

Green energy for Whapmagoostui and Wemindji

New deal with Chinese partners for wind and biomass project

by Amy German

Doing away with their old diesel power plant, the community of Whapmagoostui / Kuujjuarapik will become the first northern Native community with a renewable energy off-grid hybrid power plant. Fueled by wind and biomass with an integrated battery storage system, it will also eventually power a greenhouse to produce fresh food for Whapmagoostui and other communities.

The project, helmed by Whapmagoostui's Nimschu Iskudow Inc, is in partnership with two Chinese investors and the help of the Quebec government. According to former Grand Chief and Nimschu Iskudow President Matthew Mukash, this deal was struck in 2011 when the First Nation was searching for a partner to help replace the diesel generator.

Liberal Premier Jean Charest visited China looking for investors into various projects for the Plan Nord. It was during that visit that Charest was able to establish a partnership with GuoDian UPC and Whapmagoostui to develop a technological solution. From there, Whapmagoostui created Nimschu Iskudow in 2013 and the new venture was announced at the Val-d'Or Conference for Cree Entrepreneurship.

According to Mukash, GuoDian UPC, a company four times the size of Hydro-Québec, then worked for two years to design a unique off-grid power plant. Eventually the company decided the project was too small to invest in.

"But two GuoDian UPC suppliers that worked in the feasibility study – Jiansu Central Continental Industrial and Trade Co. Ltd. (CCIT) and Tianjin Tianda Qiushi Electric Power High Technology Co. Ltd. (TDQS) – indicated their interest to participate in a company to develop the projects. They have developed various off-grid plants in China and their participation in the capital of the project would limit the project risk," said Mukash.

The Chinese companies will invest $600,000 in Cree United Power Inc. The controlling shareholder is the Cree community of Whapmagoostui First Nation through its 100% owned Nimschu-Iskudow Inc.

Sharing their expertise in this field, TDSQ has already developed a similar technology for an off-grid power plant near the National Park of Dafeng, close to Shanghai.

The Cree Nation of Wemindji will invest $305,000 in Nimschu-

AS FOR LOCAL EMPLOYMENT SPINOFFS, THE PROJECT WILL CREATE OPPORTUNITIES FOR CREE WHO ENTER TRAINING PROGRAMS TO BE OFFERED FOR WORKERS AT THE NEW FACILITY.

Cree United Power

Regional Radio Show on Housing

from the Capital Works and Services Department / Housing and ownership in the Cree Nation

TUESDAY NOVEMBER 18, 12:15pm to 12:45pm

ᐋᓂᐱᔨᐤ ᒥᑲᑎᒡᐧᐃᐣ
Cree Nation Government
Gouvernement de la Nation Crie
CAPITAL WORKS & SERVICES

YOUR HOST, LAWRENCE P. KATAPATUK, REGIONAL HOUSING PLANNER.

JOIN US ON JBCCS (JAMES BAY CREE COMMUNICATIONS SOCIETY) FOR OUR NEXT SHOW.

PRIZES GIVEN DURING SHOW. STAY TUNED!

Val-d'Or ... À ciel ouvert! ... Year 'round!

Get ready for Christmas!
Soyez prêt pour Noël!
ᐃ ᐃᔨᔪᓯᔨᓂᐃᑦ ᐃᓕ ᒥᓯᔪᓕᔨᑦ!

For your shopping convenience, book your hotel room now.
And don't forget to get a free parking permit, so you can park for free in town.

Pour faciliter votre magasinage, réserver votre chambres dès maintenant.
Et procurez-vous une vignette de stationnement touristique gratuite.

Pick up your free parking permit at Val-d'Or Tourism Office: 1070, 3e Avenue Est in Val-d'Or

OFFICE DU TOURISME ET DES CONGRÈS DE VAL-D'OR INC.
1 877 582-5367
tourismevaldor.com

Escale HÔTEL SUITES · Forestel · Comfort INN BY CHOICE HOTELS · QUALITY BY CHOICE HOTELS VAL-D'OR · HÔTEL Continental

Advertise in
the Nation
and reach over
105,000 readers.

the Nation
www.nationnews.ca

Iskudow Inc. through Tawich Development Corporation. Mukash said that the biomass plant will use wood produced in Abitibi-Témiscamingue and transported by truck to a barge in Wemindji. He said they were a perfect fit for the project as the two communities will benefit from the local employment created.

According to Mukash, this cutting-edge project is expected to generate more than $60 million in dividends during the operational life of the plant.

"The power is composed of three wind turbines of 800 KW from Enercon Canada and one biomass turbine of 1500 KW from Nexx Energie, a Quebec company with innovative technology in that field. A greenhouse will be built to use the excess heat from the biomass turbine. The timeline is to build this power plant during the summer of 2016 and to have the power plant commissioned by 2017," said Mukash.

Quebec made a $97,000 grant for a project study. Mukash said that the province was also essential when it came to the trade missions to China and helped build trust between the Cree and their Chinese partners.

With a lengthy career history of fighting for Cree values and environmental protection, Mukash would never have been part of this project had it not been a good fit with Cree values.

As for local employment spin-offs, the project will create opportunities for Cree who enter training programs to be offered for workers at the new facility. Mukash said there will be a training program for 10 Cree youths to work in the wind turbine and biomass operation and in maintenance. Five will be retained for the project operation and around 20 local jobs will be created with the greenhouses.

Five greenhouses will be constructed to grow vegetables locally for the community of Whapmagoostui and beyond.

"They will use the heat reject of the biomass plant to heat and will be the first northern greenhouse open in Quebec 365 days a year. The design is based on a similar greenhouse in the Chena area of Alaska. The Chena greenhouse is very successful in producing local vegetable and fruit all year long," said Mukash.

The first four warehouses would be used for a commercial greenhouse operation that will supply stores in Whapmagoostui-Kuujjuarapik. Produce will also be shipped to other communities and nearby mining projects that are accessible by Air Creebec and First Air.

A fifth warehouse will be made available to the community members of Whapmagoostui-Kuujjuarapik and the local schools for individual gardens.

During the environmental review process a survey will be completed to see which fruit and vegetables should be produced for the community. A business plant will have to be developed for the greenhouse to select the best crop. In Alaska, salad and strawberry are among the favourites. A visit to the Chena greenhouse is planned for some community member representatives to learn from their experience, said Mukash.

> FIVE GREENHOUSES WILL BE CONSTRUCTED TO GROW VEGETABLES LOCALLY FOR THE COMMUNITY OF WHAPMAGOOSTUI AND BEYOND.

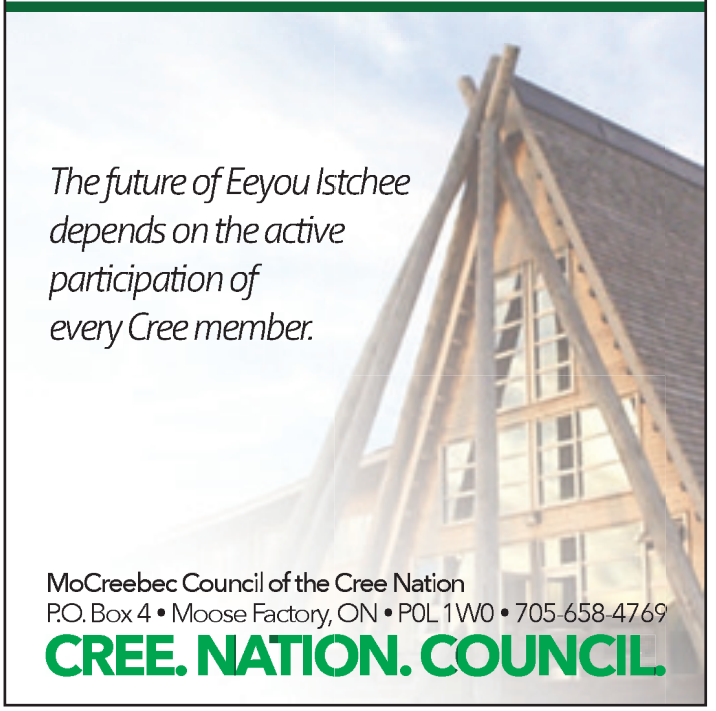
Mukash said that Ellen Avard, a PhD student from l'Université Laval, will provide expertise she has garnered while working on a greenhouse project in Kujjuak over the past year. A specialist from Quebec's Ministry of Agriculture has also suggested that one of the greenhouses could eventually be used to raise chickens.

Mukash said the community is planning to apply for a grant to develop the business plan of the greenhouse with the program run by Alfred Loon.

The *Nation* Christmas Shopping Guide

Calling all Cree Musicians, if you have recorded or are recording a CD this year we want to hear from you!
Be included in the Christmas shopping guide's special Cree music section.
Contact the *Nation* at: news@nationnews.ca

MOCREEBEC COUNCIL OF THE CREE NATION



MoCreebec Council of the Cree Nation
P.O. Box 4 • Moose Factory, ON • P0L 1W0 • 705-658-4769
CREE. NATION. COUNCIL.

New Gunsmith on location at Nord-Select!

Distribution Nord-Select
HUNTING • FISHING • GENERAL STORE • FURNITURE
Matagami: 4 rue Nottaway 819-739-3883
Radisson: 37A Desgroseillers 819-638-3200
marc-andre@nord-select.qc.ca Delivery to James Bay - C.O.D.

LIKE *the Nation*?
"LIKE" us on Facebook!!
Get even more news and updates from *the Nation* and our partners!
Facebook.com/NATIONnewsmagazine
You can also follow
@cree_nationnews on Twitter

SOMA AMOS
YOUR FORD DEALER IN AMOS
42, 10e Avenue Ouest, Amos, Qc J9T 1W8
Tel.: (866) 468-3205 · Tel.: (819) 732-3205
Fax: (819) 732-8111 www.somaford.com
English speaking sales reps:
Yannick Boutin and Alexandre Lavigne.

PLUS UP TO $1,500
LOYALTY & CONQUEST
CUSTOMER CASH
FOR QUALIFIED CUSTOMERS TOWARDS SELECT NEW FORD VEHICLES (2014 F-150 AMOUNT SHOWN.)

FIRST TIME BUYER PROGRAM FROM SOMA AMOS
You never bought a vehicle before? You are employed full-time? Come talk to us, we can put something together for you that will not break the bank and enable you to drive off in a new Ford vehicle.

Shelter stall

Construction of Cree Nation women's shelters await confirmation

by Jesse Staniforth

According to a CBC report, there is a plan to open two women's shelters in Eeyou Istchee, but it appears unlikely they will open in February 2015 as initially scheduled.

Cree Quebec Judicial Advisory Committee Chairperson Gerti Murdoch seemed annoyed with the CBC's coverage when contacted by *the Nation*.

"We're still waiting for the ministry to call and confirm it, so we don't have any definite date or answer on," she said. "We've definitely selected those two communities, but we haven't even informed them yet. They know they've been selected verbally, but they haven't gotten anything in writing. We're very hopeful it will happen soon."

The shelters are definitely coming. It's just a matter of time.

"They're planned to be constructed," said Lisa Petagumskum, Assistant Executive Director for the Miyupimaatisiiun Department of the Cree Board of Health and Social Services of James Bay (CBHSSJB). "We're waiting on the ministry's approval for the leases. All our leases go through them; that's the process we have. We had secured funding to operate them through the last health agreement, and it's Cree Justice that's going to construct them. We will lease it from them."

The shelters – one serving the inland communities, and the other serving the coastal ones – would be the first facilities of their kind for Eeyou Istchee. At the moment, Cree women and children leaving abusive homes have to head to southern non-Cree communities. The two shelters each would house 18 beds to support survivors of domestic violence.

"It's a first-time thing for the Cree Nation," Petagumskum said. "It's the first time we're going to operate them, so we'll have to continue the collaboration we have with Cree Justice, and also with the Cree Women of Eeyou Istchee in program development. Ultimately we're the ones who have to operate them."

Keeping women and children who have fled abuse within their own culture and language is of primary importance in the planning of shelters.

Lisa Petagumskum, Assistant Executive Director for the Miyupimaatisiiun Department of the Cree Board of Health and Social Services of James Bay (CBHSSJB)

"Ultimately the language is a major factor," said Petagumskum. "This is where we'd ensure the access to language – our workers would work in the language the clients are comfortable in. And the approaches and ceremonies that the women and children would ask for would ensure these measures for cultural safety and cultural competency is taken into consideration in program development."

Because the communities are small, the shelters will not be able to provide the secrecy and anonymity of major metropolitan centres. But Petagumskum said that should not reduce their value – especially since big cities are unwelcoming to Cree women and children in other ways.

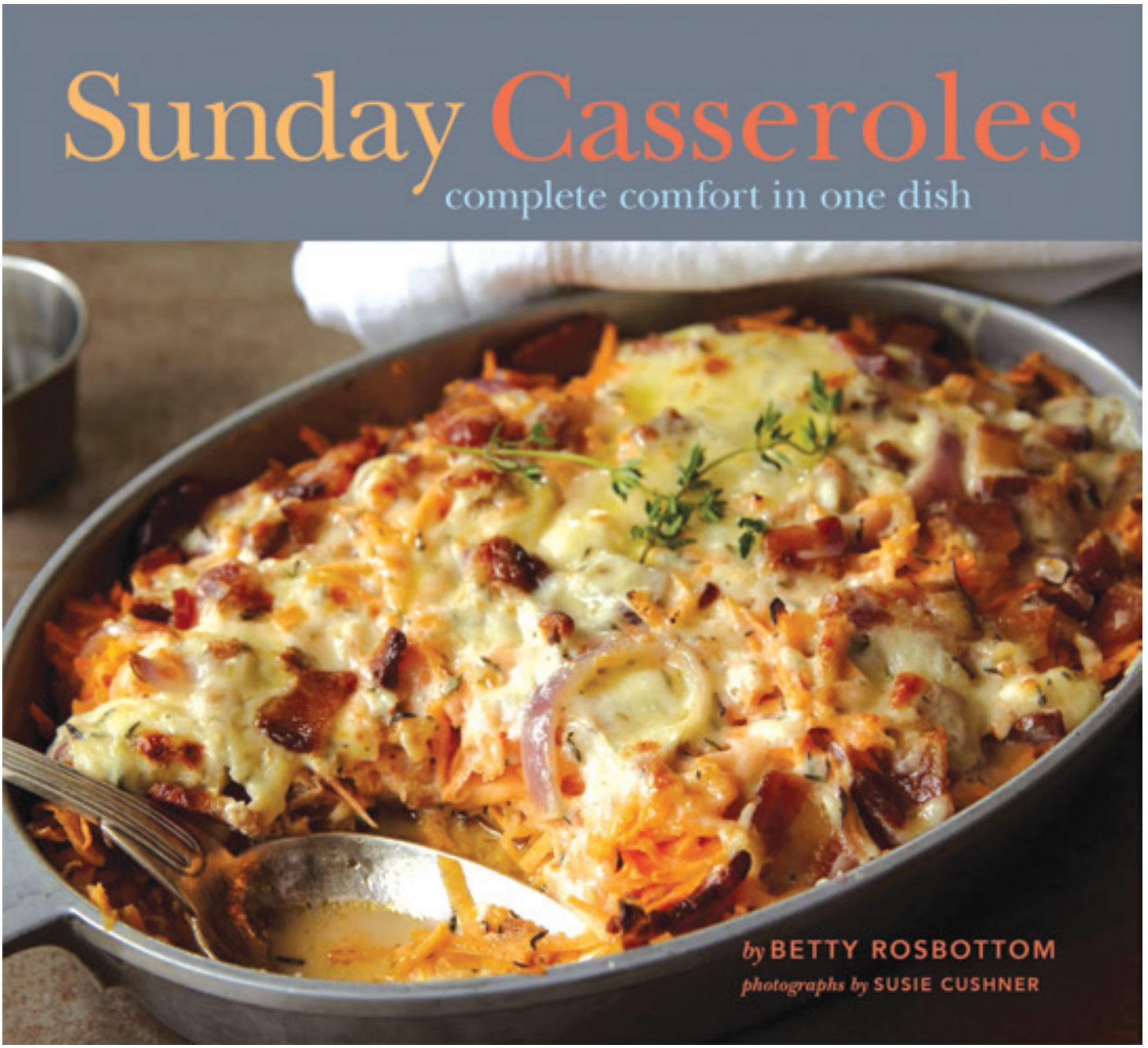
"All those measures were taken into consideration; safety, the security of the units," she said. "Yes, everybody will know what this facility is for, but at the same time, we didn't want the women to be in a place where they felt like they were in a detention centre. We wanted it to be welcoming, but at the same time secure, so they're given the support and the tools they need to ensure this doesn't continue in their families."

The primary goal of the CBHSSJB is to promote prevention in families to deter violence before it happens, and Petagumskum said shelters reinforce that goal.

"They assist the prevention that needs to take place in the community," she said, "to ensure that everybody is made aware that this is a priority of the Cree Nation, and steps have been taken to make sure this resource is available for the families that need it."

Though she recognized that shelters are not a complete solution to family, Petagumskum observed they are necessary in every community, Native or non-Native.

"In an ideal situation there'd be no need for these shelters because we would have all raised our children to not accept violence," said Petagumskum. "And we would equip people with the parenting skills and support to be able to heal themselves as family units, to ensure this violence doesn't take place. But at the moment, this is what we have."



Fine tuning your casserole skills

A cookbook for the magical all-in-one meal

by Amy German

As life can be fast paced, particularly with a family, a tradition that some families still hold sacred is a special family dinner on Sunday night to reconnect with loved ones.

With the cold weather settling in for the months to come, a new cookbook comes loaded with casserole recipes for all kinds of meats, vegetables, delights wrapped in crusts or potatoes, baked pastas and even a section on breakfast casseroles for an all-out brunch feast. Betty Rosbottom's *Sunday Casseroles: Complete Comfort in One Dish* is a great guide to attracting your family back to the dinner table in celebration of food.

Sunday Casseroles will be a worthy addition on your cookbook shelf as it is a great introduction to casserole making for a beginner and offers new twists for the seasoned family chef. Here's a sampling of what Rosbottom's latest cookbook has to offer:

Cider-Baked Pork, Red Cabbage & Apples

When the first fresh cider arrives in the market each fall, I buy it for sipping, but also for cooking hearty dishes like this casserole. Red cabbage, onions and apples are sautéed in butter, simmered in cider, and then spread in a baking dish to make a bed for pan-fried slices of pork tenderloin. After the casserole has been baked, the pork is fork-tender and so are the deep burgundy-hued cabbage and apples.

Serves 6
Prep Time: 30 minutes
Start-to-Finish Time: 1 hour, 50 minutes
Make Ahead: Yes

- 1 small head red cabbage
- 3 tart and firm apples (Granny Smith, Jonathan or Macoun work well)
- 5 tbsp (70g) unsalted butter
- 1½ cups (190g) thinly sliced onions
- 1½ tbsp sugar
- 4½ tbsp (70ml) cider vinegar
- 1 tbsp fennel seeds, crushed
- kosher salt
- 3 cups (720 ml) cider
- 2 pork tenderloins (about 1lb [455g] each), trimmed of silver skin & excess fat
- ½ tsp freshly ground black pepper
- 3 tbsp canola oil
- 1 tbsp chopped fresh flat-leaf parsley

1. Arrange a rack in the middle of the oven and preheat to 375°F (190°C). Generously butter a 9-by-13-in (23-by-33-cm) or another shallow 3-qt (2.8-L) baking dish.

2. Quarter and core the cabbage. Cut each quarter crosswise into ¼-in (6mm) wide strips to get 6 cups (655g). (Save any leftover cabbage for another use.) Quarter and core the unpeeled apples, and then cut the quarters lengthwise into ¼-in (6mm) thick slices.

3. Melt 3 tbsp of the butter in a large, heavy frying pan over medium heat. When hot, add the cabbage and onions. Sauté the mixture, stirring, until just starting to soften, about 5 minutes. Stir in the apples, sugar, vinegar, fennel seeds, and 2½ tsp salt and cook, stirring, for 5 minutes. Pour in 2 cups (480 ml) of the cider and bring the mixture to a simmer. Reduce the heat to low, cover, and continue simmering until the cabbage and apples are tender, about 20 minutes. Taste the cabbage and season with more salt if needed. Transfer the cabbage mixture, along with any juices, to the prepared baking dish.

4. Cut each pork tenderloin into 1-in (2.5-cm) thick slices. In a small bowl, mix together 1 tsp salt and the pepper. Season the pork slices on both sides with this mixture.

5. Heat the canola oil in a large, heavy frying pan over medium-high heat until very hot, but not smoking, Add half of the pork slices and brown lightly, 1 minute or more per side. Remove to a dinner plate and repeat with the remaining pork. Add the remaining 1 cup (240 ml) cider to the frying pan and cook until reduced by half, whisking the browned bits on the bottom of the pan into the cider, 2 to 3 minutes or more. Whisk in the remaining 2 tbsp butter and any juices that have collected on the plate with the pork.

6. Arrange the pork slices on top of the cabbage mixture. Spoon the reduced cider over the slices. (The casserole can be prepared up to this point 4 hours ahead; cover and refrigerate. Bring to room temperature 1 hour before continuing with the recipe.)

7. Bake the casserole, uncovered, until an instant-read thermometer registers 145°F (63°C) when inserted into the centre of a pork slice, about 25 minutes. Remove from the oven and let the casserole stand for 10 minutes.

8. Garnish the pork with a sprinkling of parsley before serving.

Individual Broccoli & Cauliflower Cheddar Gratins

Broccoli and cauliflower, those winter staples, are far more interesting combined than when served alone. In this recipe, the tender florets, which are available fresh and conveniently packaged in many supermarkets, are arranged in individual baking dishes, and napped with a rich cheddar sauce, scented with lemon. These little gratins would make a distinctive side to roast chicken or leg of lamb, or just about any beef roast.

Serves 4
Prep Time: 20 minutes
Start-to-Finish Time: 1 hour, 10 minutes
Make Ahead: Yes

- kosher salt
- 4 cups (430g) cauliflower florets
- 4 cups (240g) broccoli florets
- 1½ tbsp unsalted butter
- 1½ tbsp all-purpose flour
- 1½ cups (360ml) whole milk
- 1½ cups (150g) grated sharp white cheddar cheese
- 1½ tsp grated lemon zest
- ¾ tsp Dijon mustard
- pinch of cayenne pepper
- 2 tbsp toasted bread crumbs

Toasted Bread Crumbs

Use a one- to two-day-old loaf of good-quality artisan-style country bread with crusts removed. (Sourdough works particularly well, but whole wheat, multigrain and rye are good, too.) Process enough slices or pieces in a food processor to make 1 cup (55g) of coarse crumbs. Heat 1 tbsp olive oil in a medium, heavy frying pan over medium heat. Add the crumbs and cook, stirring constantly, until they are crisp and rich golden brown, 3 to 4 minutes. You can also use unsalted butter instead of the olive oil. (The bread crumbs can be stored in a plastic self-sealing bag and refrigerated for up to 1 week.) Makes 1 cup (55g).

1. Arrange a rack in the middle of the oven and preheat to 350°F (180°C). Generously butter four 5½-in (14cm) gratin or crème brûlée dishes and place on a rimmed baking sheet.

2. Add 2 tsp salt to a large saucepan of boiling water. Add the cauliflower and broccoli florets and cook until the vegetables are tender when pierced with a sharp knife, about 5 minutes. Drain in a colander under cold running water until the vegetables are cool, and pat dry.

3. Melt the butter in a medium saucepan over medium heat. When hot, add the flour and cook, stirring constantly, for 1½ to 2 minutes. Gradually pour in the milk and whisk con¬stantly until the sauce thickens and comes to a gentle boil, 5 to 6 minutes. Gradually whisk in 1¼ cups (125g) of the cheddar, the lemon zest, mustard, ½ tsp salt, and the cay¬enne. Season with more salt if needed.

4. Alternate the broccoli and cauliflower florets in single layers in each gratin dish and salt lightly. (You may have extra florets, depending on the size of your dishes.) Pour one-fourth of the sauce over the vegetables in each dish. (The gratins can be prepared up to this point 3 hours ahead; cool, cover, and refrigerate. Bring to room temperature before continuing with the recipe.)

5. Sprinkle the top of each gratin with 1 tbsp of the remaining cheddar and 1½ tsp of the bread crumbs. Bake the gratins until the cheese has melted on the top and the vegetables are hot, about 15 minutes. Remove from the oven and cool for 5 minutes before serving.

Cooking Tip:

You can make this recipe in a single dish. Use a 9-by-13-in (23-by-33-cm) or another shallow 3-qt (2.8-L) baking dish. Arrange the vegetables in a single layer. Proceed with the recipe and bake for about 30 minutes.

Baked French Toast with Apples, Apricots & Cherries

One of the challenges for many cooks is figuring out what to serve overnight company for breakfast or brunch. A dish that is simple to prepare, can be assembled in advance, and delivers a bit of dazzle is the perfect solution. This recipe for baked French toast, topped with a glorious mix of fresh and dried fruits, is that kind of morning entrée. Crispy bacon or sliced ham, fresh juice, plus pots of coffee and tea would make fine accompaniments.

Serves 6

Prep Time: 1 hour, 20 minutes +, including time to soak the bread

Start-to-Finish Time: 2 hours, 20 minutes +

Make Ahead: Yes, partially

- 1 one- to two-day-old loaf good-quality artisan-style country bread
- 2½ cups (600ml) store-bought eggnog (see Cooking Tip)

Cooking Tip:

I often serve this dish during the Christmas holidays, when eggnog is available in all the supermarkets; it's a big time-saver. If you can't find any, whisk together 4 egg yolks, ½ cup (100g) sugar, and 2 cups (480ml) light cream to blend. Measure 2½ cups (600 ml) for the recipe.

Apple, Apricot, Cherry Topping

- 8 tbsp (115g) unsalted butter
- ½ cup (100g) light brown sugar
- 1 tsp ground cinnamon
- 1¾ lb (800g) Granny Smith apples, peeled, cored and cut into ½-in (12-mm) thick wedges
- ¾ cup (140g) dried apricots, cut into ½-in (12-mm) dice
- ¼ cup (40g) dried sour cherries
- ¾ tsp grated lemon zest
- ½ cup (55g) coarsely chopped walnuts
- 1 tbsp unsalted butter, melted

1. Generously butter a 9-by-13-in (23-by-33-cm) or another shallow 3-qt (2.8-L) baking dish.

2. Cut the ends off the bread, and cut the loaf into ¾-in (2-cm) thick slices. Cut large slices in half and arrange the bread on the bottom of the baking dish in a single tight layer. (Save the ends and any extra slices for another use.) Pour the eggnog evenly over the bread. Cover the dish with plastic wrap and refrigerate for at least 1 hour, preferably overnight.

3. For the Apple, Apricot and Cherry Topping: Melt the butter in a large, heavy frying pan over medium heat. When hot, add the brown sugar and cinnamon and cook, stirring, for 1 minute to combine. Add the apple wedges and cook, stirring often, until slightly softened, 4 to 5 minutes. Add the apricots, cherries and lemon zest and cook for 1 min¬ute more. (The apple mixture can be prepared 1 day ahead; cool, cover and refrigerate. Reheat before using.)

4. When ready to bake, arrange a rack in the middle of the oven and preheat to 375°F (190°C).

5. Remove the baking dish with the bread slices from the refrigerator and turn the slices over. Spoon the fruit mixture evenly over them, and sprinkle with the walnuts. Bake until the apples are tender when pierced with a sharp knife and lightly browned around the edges, about 40 minutes. Cool for 5 minutes. Brush the top of the casserole with the melted butter. Serve warm.

Bon Appetit!

Climbing the mountaintop

How karate offered one man a way to lead a fulfilling life

by David Bergeron

David Bergeron and Vincent Claveau who passed his black belt at the same time as David , picture in front of lake Chibougamau. Photographer: Joey Vallée

In the land of the rising sun the people of Japan have practiced karate for centuries. The words – honour, justice, courage, mercy, politeness, honesty, loyalty, character and self-control – describe a way of life, which they called bushido, meaning the ways of the samurai, the warrior.

My story starts in 1988, when I was 14 years old. I lived in many foster homes before my aunt took me as one of her own. We lived in Chibougamau and I was a normal teenager – I think. I was very active doing sports, and I had lots of energy. But I also had a problem with aggressiveness, anger and lack of patience. Seeing those qualities in me, my aunt asked if I wanted to learn karate at the polyvalente (French high school) with my cousins. She knew something that I didn't know. I said yes right away, thinking I would learn how to fight.

When I started, I met my teacher or sensei (Japanese word for master) Claude Bédard. He began the course with a good warm-up, and then we did some techniques. I learned the basics, such as stances

The Shotokan Karate Club of Chapais-Chibougamau

The Shotokan Karate Club of Chapais-Chibougamau performs well provincially and is very active. In the last six years at the Coupe Jeunesse d'Association Karate Shotokan, which is a provincial competition, the club has placed first four times, and second twice. Two club members were selected for a World Championship in Japan. Unfortunately, one competition was cancelled due to the SARS outbreak in the host country. The other competition was not attended because of a conflict in work schedules. Happily, one girl and two boys were chosen to attend the World Championships in Scotland in September 2011 and all performed well. At the AKS 2014 Provincial Competition, Sensei Claude Bédard won the gold medal in Kata Black Belt 40+.

For those who wish to participate, every year the club organizes a regional competition, and attends regional and provincial competitions in other communities. The club organizes two training camps per year in Chibougamau with a Japanese master. The club also takes part in the winter and summer camps organized by the AKS. There are eight instructors and assistants to teach students ranging from the ages of six to 65.

For more info: www.karatechibougamau.com

and basic punches with kicks, that's when I discovered that I had new muscles hiding in my teenage body. The pain didn't last long and thus began my journey in the ways of the warrior.

After many years of practice, I've notice many changes in myself. I noticed that my aggressiveness was gone and so was my anger. I had more concentration and more patience. I had control of myself. It was actually my aunt who noticed the change much earlier than I did (smile).

I remember doing a few camps with a Japanese master who came here once or twice a year. I noticed how calm he was and how much culture he had in his background. For me as a teen it was like meeting a real samurai with strict codes of honour of the bushido warrior. I was impressed by his flexibility and capacities both mental and physical.

Unfortunately, I had to stop karate at 17 when I left Chibougamau to go to college. The other town didn't have a dojo (Japanese for a place to

Sandrine Rioux and Joey Vallée doing Chanbara (soft sword) Photographer: Katherine Ann Bergeron.

practice martial arts), and there was no karate offered at the college.

In 1994, I was already an adult – so says my aunt (smile) – and started working as police officer in the community of Oujé-Bougoumou. Then in 2000, I made a leap to the Sûreté du Québec as a patrolling officer. Today I'm still there as a team leader (the equivalent of sergeant), but I'm still patrolling. Karate has even helped me in my functions as police officer.

Years later, in 2012, I decided to return to karate. I had had back surgery and I needed to find a sport where I could develop my back strength and flexibility. I was anxious at first because I was out of shape, no flexibility… maybe I was becoming an early "cheynoo" (smile). So I continued my training as a brown belt 2nd kyu, but I needed two more belt exam for a black belt.

Karate belts are as follows – first you start with a white belt, followed by yellow, orange, green, blue, purple, brown 3rd kyu, brown 2nd kyu, brown 1st kyu, then first black belt 1st dan and then you move up to 2nd dan black belt all the way to 10th dan.

Like I said, I continued my training where I had stopped. I had to re-learn my katas (simulated fight techniques). It didn't take too long to get back to where I left off. Except for my flexibility, which I have to work on more, it's like riding a bicycle: once you know how to ride you don't forget.

After a first session, my daughter wanted to start karate, and so began her journey. Like the ancient Japanese where the father taught the child, maybe I will have a chance to do so with my daughter. I told her that I would help her, for I know the benefits of this martial art as my aunt knew before me.

I noticed that the Karate Shotokan Club in Chibougamau had many students from Mistissini and Oujé-Bougoumou. I was happy to see many of them in advanced class. As for me, I went to camps in Repentigny in early 2014 where I obtained my 1st kyu brown belt and then I felt that I could get to black belt. I trained hard and with the help of my senseis – Claude Bédard, Réal Lavoie, Sylvain Tremblay and François Poirier – and many others, who shared their knowledge and experience with me.

In late June, I was in Mirabel, where I was training at a summer camp with two Japanese masters – Sensei Katsumata, the head sensei in Quebec, and Sensei Makita from Japan. It was very hot, the atmosphere was tense, and I could hear all the whispers in the crowd – so began my black belt exam. I had to start with techniques that I had to master, then I had to perform two katas and finally my combat kumite exam in front of the Japanese masters. I was nervous, but I was ready for I had been training for this.

When I completed my exam, a feeling of peace came over me and the pressure was gone at least for that day. The results would be known only the following day after the last training. When the classes were done I sat down with my friends and teachers and listened to Sensei Katsumata announce the names of the students who had passed the exams. My heart trembled, it was like a dream and then I heard my name. I had passed my first-degree black belt exam (shodan).

A new journey was just beginning. When you get your black belt it doesn't stop there, it just continues and so will my journey in this martial art. People say the sky is the limit, but don't forget after the sky, is infinity. A wise Chinese man once said when you reach the mountaintop, continue climbing.

"After many years of practice, I've notice many changes in myself. I noticed that my aggressiveness was gone and so was my anger. I had more concentration and more patience."

Admiring the student

The head instructor at the Shotokan Karate Club praises David Bergeron

By Claude Bédard

I am very proud of David Bergeron for having become the first Native to receive his black belt in northern Quebec. David is the kind of person who will give all of his time and energy to achieving his goals. Karate is far from easy and David is the kind of student who learns well, takes directions and corrections, and doesn't need to have things repeated or explained 10 times. In short, he is teachable. He performs well in competitions.

On May 3, a regional competition was held in Chibougamau with over 70 participants. David won a silver medal in kata, a bronze in team kata, as well as a gold medal in kumite (sparring). Members of the Shotokan Karate Club in the Chapais-Chibougamau who practice with David appreciate him because he clearly cares for others, is very polite, and has a wonderful sense of humour. He is a positive role model for the other club members, both young and old.

We have had First Nation members, including Joseph Blacksmith, George Matoush and Willie Loon, who have reached their brown belts. They were very good at the sport, but had to stop for health and personal reasons. Let's hope that upon

David in full action in kumite competition.

David receiving gold medal in combat from sensei Claude Bédard

David Bergeron at the Regional competition which took place in Chibougamau May 2014 giving a medal as judge to Nathan Langlais. Photographer: Jean François Ouimet.

BE SANTA

**Show your clients and staff
your appreciation this holiday season**

**Beesum's Promotional Items department can help!
BEST QUALITY – BEST PRICE!**

Contact us for a free quote or to place your order

514-272-3077
beesum@beesum-communications.com

www.beesum-communications.com

reading this article, they will be drawn back to the club.

We have quite a few other First Nations members training with us, such as Charlo Blacksmith and Andrew Neeposh. Both are working hard to obtain their black belts. I am prepared to put much energy and time into their training to ensure they achieve their goals. I haven't a doubt in my mind that they will be the next Natives to get their black belts.

I feel great pride for the First Nations karatekas (karate students) who train in our club because they promote a healthy way of life, free from alcohol and tobacco. They are very conscious of their health and well-being, which is a positive example for us all. I'm please to note that out of our 100 to 150 members, there is a sense of harmony and respect between our Native and non-Native members.

Congratulations to all and long live the martial arts!

Claude Bédard, 5th Dan, is the chief instructor for the Chapais-Chibougamau Shotokan Karate Club

Club winner of the AKS 2014 Coupe Jeunesse

The Nation

would like to introduce you our new sales representative

Lyle Brebner

For your advertising needs

Tel: **514-272-3077**
Cell: **514-971-2757**
Fax: **514-278-9914**

publicty@nationnews.ca

4529 Clark, suit 403,
Montreal, QC.,H2T 2T3

Gareau VAL-D'OR auto
GM Canada

1100, 3e Avenue Est, Val-d'Or, QC J3P 4P8
Tel: (819) 825-6880 1-877-625-6880 Fax: (819) 825-8980
Visit us online at gareauauto.ca
Like us on facebook

0% interest on all remaining 2014 Chevrolet, Buick and GMC vehicles for up to 84 months

Mario Sylvestre and Jean-Claude Moreau, our bilingual Sales Representatives, will welcome you. We pay for your hotel room when you pick-up your vehicle. We can deliver it to you too.

We always have lightly used Yukons and Suburbans

aptn
National News

HISTORY WILL BE MADE.

AFN ELECTION 2014

Follow every moment as the Assembly of First Nations elects a new National Chief. With daily on-site reporting, live breaking news and special nightly editions of *Nation to Nation*, *InFocus* and *Face to Face*, APTN has the comprehensive election coverage you won't find anywhere else.

December 9 – 11, 2014

aptn.ca/afnelection

aptn

Setting the record straight

Author James Daschuk rewrites Canada's distressing Indigenous history

Story and photos by Jesse Staniforth

In the middle of the 19th century, the Plains Nations lived on an abundance of bison, which provided them with a seemingly endless source of quality meat and clothing. Their diet was high in protein and low in fat – and they were among the tallest people in recorded history. Yet within 20 years, Professor James Daschuk explained to a capacity crowd in Ottawa, doctors were describing illness and starvation as intrinsic to their culture.

Daschuk, who teaches in the Faculty of Kinesiology and Health Studies at the University of Regina, travelled to Ottawa November 1 to receive the John A. Macdonald Prize from the Canadian Historical *Association for his book, Clearing the Plains: Disease, Politics of Starvation, and the Loss of Aboriginal Life*. The prize honours "the non-fiction work of Canadian history judged to have made the most significant contribution to an understanding of the Canadian past."

The irony was lost on no one: *Clearing the Plains* is a brutal indictment of Macdonald's deliberate use of starvation as a means of moving Indigenous people from their land to reserves, in the process weakening their power and subjugating them to the Canadian federal government.

"There's no question that Macdonald is the Father of Confederation, but he's also the father of the dysfunctional country we have lived in for 140 years," Daschuk told the crowd that packed the hall of Knox Presbyterian Church in downtown Ottawa. He delivered a 20-minute lecture, spent nearly an hour in an on-stage interview with journalist and mediaINDIGENA founder Rick Harp, and another hour answering audience questions and signing books.

As a health researcher, Daschuk said the elimination of the bison herds through over-hunting both for meat and hide was an important piece of the machinery used to drive the Industrial Revolution in England and directly caused the starvation that followed.

It also had many secondary effects. For one thing, the loss of the bison deprived Indigenous nations of the hides they used to clothe themselves during winter. In

PETRONOR
www.petronor.ca

Distributor of petroleum products and lubricants in the James Bay Territory.

Services:
- Delivery of petroleum products in bulk
- Aviation fuel
- Rental of movable tanks

Products:
- Unleaded gas, clear and colored diesel, stove oil, Jet-A, 100LL and lubricants.

Addresses:

Radisson Bulk Plant
Tel.: (819) 638-8222
Fax: (819) 638-7107

La Grande Rivière Airport
Tel.: 819-638-9104
Fax: 819-354-6825

EM-1 & Sarcelle Construction Site
Tel.: (819) 865-2045
Fax: (819) 865-2039
Cell.: (819) 856-0618

Chisasibi Gas Station
Tel.: (819) 855-2427
Fax: (819) 855-3462

Administration office
Tel.: (819) 824-5505
Fax: (819) 824-5420

2015
James Bay Cree Telephone Book

The James Bay Cree Telephone Book is an indispensable communications tool for community members, organizations and businesses in Eeyou Istchee.

If you would like to add your cell phone number to your listing
OR
If you would like to remove your phone number from the listing

Please contact
mgoyette@beesum-communications.com
or call 514-272-3077

Deadline:
November 30th, 2014 at 5pm

BREATHE A LITTLE EASIER THIS HOLIDAY SEASON
ORDER YOUR CHRISTMAS CARDS NOW AND BEAT THE HOLIDAY RUSH!

Beesum Communications can not only design and produce the perfect holiday greeting card for your business or organization, but we can handle all your mailing needs as well. Simply provide us with your list of recipients and we'll take it from there. You would never need to lift a finger!

Get into the holiday spirit a little early this year. Give us a call at (514) 272-3077 or send an email to mgoyette@beesum-communications.com to request a quote today!

Beesum communications

the cold and weakened state, their immune systems were unable to fight against the influx of new illnesses ravaging their communities. Around Treaty 6 territory in Saskatchewan and Alberta, many communities lost 80% of their populations to famine and disease.

It is very hard, Daschuk noted, for white Canadians to accept the harm that Canada did deliberately to its Indigenous people, even as his research in the Canadian Archives uncovered "a goldmine of human misery."

"First Nations people know this story," he said. "This is a mixed crowd, and I see people nodding. But what I'm really surprised about is that white Canadians haven't heard this story, because it's not taught in schools."

Canadians, he noted, are ready to accept that other countries' national myths about themselves are ridiculous, but when it comes time to look critically at who Canadians have been, historically speaking, the public is very uncomfortable.

"What is being 'Canadian,' aside from the guy in the beer ad? It's decency, it's friendliness, it's helping out our neighbours – those ground-level ideals. But if you think about the relationship we as 'mainstream' Canadians have had with Indigenous people, that's not true at all. As an unintended consequence, that makes us – I don't want to use 'mainstream,' I'll use 'white' – it makes us question ourselves. Because we haven't been decent."

Speaking about discovering his own privilege, Daschuk was moved to tears during his interview with Harp, noting that his research had forced him to reconsider his relationship with his country. On multiple occasions, he said, Indigenous readers had told him they were glad he was finally telling the story – because if he'd been Native, no one would have listened.

All of this may seem strange coming from a professor who isn't a historian, but a specialist in environmental health. But Daschuk says his research led him where he is today – and it all started near James Bay. Growing up in Timmins, he was an avid hiker and encountered many locals in the Moose Cree communities of the west coast. That got him thinking about food security.

"Even back then, on the west coast of James Bay, it cost $10 for a head of lettuce, and milk was outrageous," he told *the Nation* after his talk. "The same issues – the availability of nutritious food at a reasonable price, that's out of reach for so many people [today]. And in some communities, this issue has gone on for probably 100 or more years: entire generations of people have been malnourished. These days, malnutrition has changed from not enough food to too much low-quality food. Malnutrition can work both ways – not enough calories, or too many empty calories."

Any research into the history of First Nations and food, it seems, comes up against the ugly history Daschuk outlined in his book. But even shocking information, he said, is not enough: Indigenous people and non-Aboriginal Canadians alike need to take action.

"There are a whole lot of things that seem to be converging right now," he said. "I'm enjoying my 15 minutes, for one, but it's 2014 – maybe it's time we can all get together on this and push our politicians, get involved, and stop putting up with things that have gone on for so long that have been keeping people down. We can't wait for our leadership. Other than us pulling us along, maybe it's time to push them along."

The Nation's Business Directory. Are you in the directory?

All Cree businesses, get the first **3 months free.** Then it's only **$18 a month.**

Call: **514-272-3077** and ask to speak to one of our sales people for more information,

Check out our phone directory or at: **directory.nationnews.ca**

The thing that flies

by Xavier Kataquapit

I recall my early infatuation with "kah-mee-nah-mee-kok", literally translated from Cree as "the thing that flies" or in modern English as "airplanes". Every day after school in the autumn my friends and I ran from our dusty gravel playground to the airport at the north end of the community. We cut across muddy overgrown yards, low bushes and snaked our way across a swampy path that led to a small white airport terminal building. Usually, we would be in time to catch a departing Austin Airways flight as its turboprop engines slowly roared to life.

Back then there was no fence to separate the public from the gravel runway so we were free to venture as close as possible to an airplane. I remember so many Hawker Siddeley aircraft with great broad wings, two large turbo prop engines and a plain cylindrical body. These aircraft were eye-catching, painted a distinctive pale yellow, streaked by a stylized black line and red highlight that ran the length of the aircraft.

The roar of those engines always drew us to the airport. There is nothing like the thunderous sound of two Rolls Royce engines as they powered an aircraft forward. We were caught up in the moment and part of the excitement was the game of sneaking past the adults to get closer to the airplane.

We ran as fast as we could into the dust cloud raised by the black-and-white-coloured propellers. We knew the adults wouldn't follow us into the noisy cloud. We stood with hands covering our faces in the temporary storm and we felt the sand blasting our skin and pebbles pelting our clothes. When we opened our eyes, the cloud dissipated in the afternoon light and we stood like dusty sand people under the blue sky.

There was a moment's silence when the aircraft turned around at the far end of the runway and then the powerful engines came to life again and we watched the grand finale of the afternoon show. The engines roared to full speed with a high-pitched whine as the aircraft raced forward. We watched it speed by and then we stood in awe as it soared over the northern wilderness, almost touching the treetops.

In a way it was very familiar for us to see this huge bird fly off into the sky because a Hawker Siddeley was very much like Niska (goose). The aircraft's strong broad wings stretched out on both sides and its long body resembled a goose's outstretched neck and head in flight.

After take off, everyone disappeared but for us. My friends and I would stand on the runway for a short time watching the plane as it drifted higher and turned into a tiny speck heading south to the greater outside world. We wondered to ourselves for a very brief moment if we would ever have the chance to leave on a flight away from our remote community. We knew this was a far-off dream and we quickly put the thought out of our minds. After the excitement of the afternoon flight, we headed back to our lives in the community.

In a few years time, after we had graduated from elementary school, our dreams finally came true as we all boarded a flight together for the annual class trip to Toronto. Suddenly we realized that the ups and downs of aircraft travel could actually make you sick. But soon we were flight veterans because we had to endure so many take offs and landings on our way to secondary school to Timmins and North Bay.

As an adult, I continued to dream of flying further away. I was fortunate to be able to fulfill that dream on my first overseas trip over 16 years ago. I traveled to Asia and I was amazed seeing Alaska under me as I flew from Chicago to Tokyo on a 12-hour flight. It felt surreal to head into the sky and cross the Pacific Ocean at 32,000 feet with a speed of several hundred miles an hour.

There was also a sense of freedom in seeing so many people moving about the world over such great distances. Flights are only getting bigger and better these days. Just a short time ago, a group of friends of mine told me about their flight to Dubai aboard the world's largest aircraft, an Airbus A380. This double-decker behemoth carried 500 passengers and flew them from New York City to Dubai in 12 hours.

I wonder at times if the young boys back home are still awed by the aircraft that land and take off at our small airport. I imagine they gaze at the departing airplanes wondering if ever they might be flying south. I hope that they will have the opportunity to find wings to discover other cultures and ways of thinking. The Niska have been doing it for generations.

Only one Ford dealer in Val d'Or to SERVE YOU BETTER!

HARDY RINGUETTE

FOR A LIMITED TIME GET A

NO-EXTRA-CHARGE WINTER SAFETY PACKAGE

UP TO $1,800 (MSRP) VALUE

Tél. **(819) 874-5151**

Your **LOW PRICE** dealer

1842, 3e Avenue, Val-d'Or (Qc) J9P 4P6

Follow us on **Facebook** • visit our web site: **www.hardyringuette.ca**

QUEBEC POPULATION HEALTH SURVEY

ᐊᑯ ᓂᔑᓇᐯᒪᑎᐢᓂᓂᐊᑦ ᒥᔪᐱᒪᓯᓂᐊᑦ ᐁᐢᐱᐎᐢ

June 2014 to March 2015

BE HEARD!

Help Us Serve You Better!

For more information:

ISQ: 1-866-390-5367 www.stat.gouv.qc.ca

CHB: 1-418-770-8567 creehealth.org /creehealth @creehealth

Conseil Cri de la santé et des services sociaux de la Baie James
ᓂᑖᔨᐢ ᑲᐢ ᐊᒥᐃ ᐊᐢᐧᐃᐣ ᐊᓇᑲᒥᑖᐢᐣ
Cree Board of Health and Social Services of James Bay

Institut de la statistique Québec